

ABSTRACT OF THE DISCLOSURE

A footwear attachment interface including an insert inserted into a hole in a sole of footwear, and an electrical connector disposed in the insert. There is also described a foot paddle assembly including a forefoot racket and at least one of a medial racket and a lateral racket, each of the rackets including a ball rebound surface, wherein the medial and/or lateral racket includes mounting elements that medially protrude therefrom.